


COURSE OUTLINE
BASIC SELF DEFENCE

This course is intended to acquaint participants with certain situations and dangers and to teach ways of avoiding or dealing with them. It is intended to be as basic and uncomplicated as possible; designed for those people who will spend a limited time training. Sophisticated techniques require many hours of practice to make them effective and then may be forgotten during moments of stress. Certain things should be understood at the offset. First, no matter how well trained the individual, it is far better to avoid a dangerous confrontation that to have to deal with it. Secondly, never resist an attacker armed with a gun or a knife unless you feel that you will be killed or injured in spite of your compliance with his demands.

 Instructor

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